

Harwich Community Center Events – March

100 Oak Street (508) 430-7568 www.harwich-ma.gov/community-center

Monday – Building Closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	11:00AM – 11:45AM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Children's Playgroup	10:00AM – 12:30PM
Indoor Walking Group	11:00AM – 11:45AM
Artists Open Painting	1:00PM – 3:30PM
Bayberry Quilters	1:00PM – 4:00PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Sound Dunes Swing Band	6:30PM – 8:30PM

Other Events

- **Newcomers Game Night:** Mar 2nd, 6:30PM-8:45PM
- **Balance Boosters:** Mar 2, 7, 9, 14 & 16th, 12:15PM-1PM
- **COA Brown Bag Program:** Mar 3rd, 8AM-12PM
- **Bayside Brawlers:** Mar 3rd, 6PM-8PM
- **Selectmen Budget Meeting:** Mar 4th
- **Harwich Democrats:** Mar 4th, 10AM-11:30AM
- **KD Quilters:** Mar 6th & 20th, 9:30AM-1PM
- **Sight Loss:** Mar 7th, 9:30AM-12:30PM
- **Insight Meditation:** Mar 7th, 7PM-9PM
- **WILPF:** Mar 7th, 5:30PM-7:45PM
- **Friends of COA:** Mar 8th, 10AM-11:30AM
- **Sharing Kindness:** Mar 14th & 28th, 5:30PM-7:30PM
- **Jill's Senior Exercise:** Mar 15, 17, 22, 24, 29 & 31st, @ 9:15AM-10:15AM
- **Harwich Republicans:** Mar 16th, 5PM-6PM
- **Big Screen Movie Day:** Mar 17th, 1PM-3PM
- **Artists Monthly Meeting:** Mar 18th, 2PM-4PM
- **Cranberry Rug Hookers:** Mar 18th, 9:15AM-1:15PM
- **Women's Book Club:** Mar 27th, 2PM-3:30PM

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Coffee Connections	9:00AM – 10:00AM
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Citizen's Energy Academy	11:00AM – 12:00PM
Homeless Prevention Council	12:30PM-3:30PM
Mah Jongg	1:00PM – 4:00PM
COA Computer Basics	1:00PM – 2:30PM
Kid's Pajama Playgroup	5:30PM – 6:15PM
Town Band	6:30PM – 8:00PM

Friday

Rec Sit/Fit Class	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Men's 55+ Basketball	1:00PM – 3:00PM
COA Computer Basics	1:00PM – 2:30PM
Master Gardeners	1:00PM – 5:30PM
COA Fit & Strong	1:30PM – 3:30PM
Al-Anon	5:30PM – 6:30PM

Harwich Conservation Trust – Winter Talk

Saturday, March 11th, 1PM-2PM

Six Ponds District of Critical Planning Concern

Celebrate International Women's Day!

Mar 1st – 8th: Free thank you notes for women in your life!

Sunrise Walk: Mar 20th, starting @ 6:44AM

Grab a Tea with Me: Mar 20th, starting @ 5PM

Join Us As We Grow: Mar 30th, 5:30PM-6:30PM

Council on Aging Activities

- **Mindfulness Meditation:** Mar 6th, 1PM-2PM
- **Chair Yoga:** Mar, 8th & 22nd, 11AM-12PM
- **Men's Breakfast:** Mar 10th, 9:15AM-10:30AM
- **Men's Book Club:** Mar 10th, 11AM-12PM
- **Horticulture Happy Hour:** Mar 16th, 10AM-11AM
- **Beyond The Book:** Mar 17th, 10AM-11AM
- **Singing Group:** Mar 23rd, 10AM-11AM
- **Sea Captains of Cape Cod:** Mar 23rd, 10AM-11AM
- **Mobile Dental Clinic:** Mar 24th, 9AM-3PM
- **Women's Breakfast:** Mar 24th, 9:15AM-10:30AM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Indoor Walking Group	10:00AM – 11:45AM
QiGong	10:00AM – 11:00AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
COA Fit & Strong	1:30PM – 3:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Community Orchestra	6:00PM – 8:40PM
NA	7:30PM – 9:00PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:15AM
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For more information about specific classes, please contact the Community Center at the number above.

Building Hours of Operation

Monday	6AM – 6PM
Tues – Fri	6AM-9PM
Saturday	8AM-4PM

Closed on Sundays & major holidays

Weight Room Hours

Monday	6AM – 6PM
Tues – Fri	6AM-8PM
Saturday	8AM-4PM

Closed on Sundays

Monthly Memberships available for just \$15!

The Weight Room is available to Harwich residents with a membership & SilverSneakers members only

Recreation Department

The Spring Youth Programs Schedule is now available at the Rec. Dept! For more info, contact us at **508-430-7553** or visit our website & click on the Rec Dept link.
harwich-ma.gov/recreation

Open Gym

Tues: 1PM-2:30PM	Thur: 12PM-2:30PM
Sat: 12PM-3:45PM	